

*The truth is that FEAR is the enemy, not the COVID 19 virus - which will eventually pass.*

The legacy will be the results of our FEAR-ful responses - anger, greed, distrust, resentment.

We can counter this by focusing our responses constructively - turning F E A R into L O V E.

As an assist, try this 'thought experiment'; it all begins and ends within our awareness!

Turn the four-letter word F E A R into L O V E by using a series of steps changing a single letter at each step. Interim words should be common English words in their own right and letters should not be repositioned.

**FEAR**

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**LOVE**

What is the minimum number of steps that are needed?

How well can you do?

